



Wayne Smith photo

Chief selectees take heat for climbing the ranks

Recent chief petty officer selectees (in lighter shirts) joined in for a little early morning physical training before the temperatures rose on this August “dog day” of summer. The chiefs’ transition process is currently ongoing for all those that made the cut. A lot of good-natured harassment is just part of the process of building the chief community.



Wayne Smith photo

Been wondering?

If you’ve been curious as you exit Willis Gate about what’s being built just across the street, puzzle no more. The corner of Willis and Navy Road will be the new home of Navy Federal Credit Union, making members’ access more convenient. The present facility is located on Covington Pike in Memphis.

Chiefs run the Navy, new CNO tells Senior Enlisted Academy

From Chief of Naval Operations Public Affairs

In a July visit to the Senior Enlisted Academy in Newport, R.I., Chief of Naval Operations (CNO) Adm. Mike Mullen made it clear who he believes really runs the Navy -- chief petty officers.

“I believe that the chiefs run the Navy,” he said. “You may think I run the Navy, but I assure you the Navy runs because of what you do.”

Mullen talked about leadership and the future of the Navy with members of Class 119, which started their six-week curriculum at the Academy July 25. It was the CNO’s first trip outside Washington since he relieved Adm. Vern Clark in a change of command ceremony July 22.

“Having the CNO take the time to come up here and visit during his first week in office sent a strong signal to our students and to the fleet about how much he values the chief’s mess,” said Command Master Chief (SW/AW/SCW) Ralph Rao, director of the Senior Enlisted Academy.

Mullen described the Navy as “the best we’ve ever had,” crediting Sailors across the fleet for embracing change during “very tough and challenging times.” He told the students they could expect his “best possible effort and focus” in keeping the Navy strong, and he would never forget what really matters.

CNO also shared his expectations for the senior enlisted ranks, urging them to take a broad view of the Navy and to make leadership their first priority.

“When you put on khakis, you are no longer a machinist’s mate or fire controlman or culinary specialist or ... you pick the rate,” he said. “You are a chief, and you are responsible for one thing, and that is leading.”

Mullen reviewed some of the challenges he faces as

he comes into office, including sustaining current readiness, investing in future force structure and developing a Human Capital Strategy for the 21st century.

“We’ve got readiness right, and I am going to keep it that way,” he said.

But Navy leaders also have to think long-term, he noted, building and investing in the Navy of the future.

“We must think about what kind of ships we will need and how many of them, what kind of aircraft we will need and how many of them, what kind of submarines we will need and how many of them, to build the Navy of the future,” he said.

People, noted Mullen, were the most important part of that future.

“One of the reasons I stayed in the Navy was because the first time I was on a destroyer, I fell in love with the mission, fell in love with the sea and fell in love with the people. And I still feel that way,” he said.

In simple terms, he said the Human Capital Strategy is about making the Navy “a place where people roll out of the rack in the morning and want to come to work.”

Before he opened up the floor to questions, Mullen wrapped up with a quick summary of how he sees himself and the role the Navy plays today in national security.

“I am a Sailor, and I love going to sea. That is what we do. We are a warfighting, sea-going service in what I consider to be a demanding time, a very uncertain time,” he said.

“We were excited to have him here and glad to hear straight from him what direction he intends to take the Navy,” said Rao. “He’s a straight shooter.”

For related news, visit the Chief of Naval Operations Navy NewsStand page at www.news.navy.mil/local/cno/.

Newsbriefs

Christmas in August

“Christmas in August” is an annual event held by the Chapel Center to help give Youth Villages’ foster, orphan and special-needs kids needed school supplies. Christmas trees have been set up at the Chapel and the Navy Exchange. Ornaments on the tree will list an item needed by Youth Villages for a child. Patrons can pick up an ornament, buy the needed school supply and bring the item (wrapped in decorative paper) back to the Chapel, along with the ornament. All gifts must be turned in by Monday, Aug. 15. For more information, please call the Chapel Center at 874-5341.

Before and After School Program

Remember, Shelby County begins its 2005-06 academic year on Aug. 8, and Memphis City Schools with a half-day on Aug. 15. The Before and After School Program (BASP) is ready and now registering children. Call or stop by the Navy Youth Center for all the details on before- and-after school care. BASP fees are annual household income-based, and multiple enrollees receive a discount. Call the Navy Youth Center at 874-5155 for more information.

Parents’ Night Out

Child and Youth Programs will hold a Parents’ Night Out on Aug. 26 from 6-11 p.m. Mark your calendar and register by Aug. 5 to take advantage of this great opportunity. You can enjoy an evening out knowing that your child or children will be well cared for and enjoy their time too. Children between the ages of six weeks to sixth grade are eligible for registration at either the Child Development Center or the Youth Center (pending ages). There is a non-refundable reservation fee per child due at registration time. Call the CDC at 874-5789 or the Youth Center at 874-5789/5155 to sign up.

Millington Public Library book sale

The Millington Public Library will host its Summer Book Sale this Friday and Saturday from 10 a.m. to 4 p.m. in the library meeting room. Books in all subject areas will be available for a fraction of their original price. A special “Sack Sale” will occur on Saturday, where customers can fill a sack for just \$5. Call 757-7323, ext. 23 for more information.

Smokin’ by the Lake

Get your barbecue team together and register today for the annual Smokin’ By the Lake barbecue cooking contest. “Semi-pro” Navy teams will cook up fun and a lot more. The contest is open to all those who work on board NSA Mid-South, retirees and Reservists. A nominal registration fee is required, and there will be prizes and trophies for “anything but ...” shoulder and ribs. Call Jim at 508-1934 or Billie Jean at 508-1982 for all the details.



\$1 BAG SALE • \$1 BAG SALE • \$1 BAG SALE

The Navy-Marine Corps Relief Society Thrift Shop is having an end of summer/back to school \$1 bag sale TODAY through Saturday. Everything in the store is included -- certain uniform items are excluded, but others are included. Buy a bag for \$1 and fill it up! Buy three or four!



Navy Ball 2005 Essay Writing Contest



The 2005 Navy Ball Committee is hosting an essay-writing contest.

Theme: “Being a United States Sailor”

- The contest is open to all active duty, retirees, Reserve and eligible family members.
- First-place winner will receive two tickets to the Navy Ball and have his/her essay read at the ball.

Deadline for submission is Sept. 9. Essay should be 500 words or less

For further information please contact Lt. Terri Jones: 874-2087

YN2 Cassandra Townsend: 874-3066

Commentary

Speaking for the fleet

Are the rims worth it?

By **FLTCM(AW/SW)**
Jon R. Thompson
Fleet Master Chief Petty Officer
U.S. Fleet Forces Command

In my 29 years of service, I've seen many trends and fads come and go. Most of them have been relatively inexpensive. There is, however, a recent trend that seems to have caught on, but the new trend is anything but inexpensive. More and more I see cars sporting shiny chrome rims with high-profile, low-profile tires. I have to ask, are those rims really worth it?

On average, custom chrome rims cost about \$3,500. The larger you go, the more they cost. If you upgrade to the ones that spin, commonly referred to as spinners, the cost can skyrocket. It's not uncommon to see rims and wheels that near the \$10,000 mark.

I'm no financial genius, but if my simple math is accurate, spending \$3,500 or more on rims just doesn't seem to make much financial sense.

If you were to invest \$3,500, and you earn just five percent interest, in four years you would have \$4,270. If you invested the same amount for 15 years, you'd have almost \$7,400. If you are willing to pay \$8,000 for rims, and invested that amount for four years, at five percent interest, you'd have \$9,765. If you invested the same amount for 15 years, you'd have almost \$17,000.

For those of you who can actually afford high-priced rims and aftermarket add-ons, I guess as long as you have the money there's nothing wrong with the upgrades and extravagant extras. My bigger concern is for those Sailors who find themselves lured into the "keeping up with the Joneses" syndrome. When I see a Sailor driving a Cadillac Escalade with huge tires and spinners, I have to ask myself, how did he or she afford such a vehicle? And even if the Sailor is able to meet the monthly payments for all

that, is there anything left in his or her paycheck?

For many of you, buying a new car is your first major investment. I'm told the average cost of a new vehicle today is around \$27,000. Of course, there are many more affordable cars, and used cars in good condition can be found at very reasonable prices. Even if you purchase an average-priced car or truck, add on new rims and wheels and you suddenly escalate the price to that of a low-end luxury car.

So I'll ask again, are rims really worth it? I realize that many of you see your vehicle as an expression of who you are. You personalize it so others will get a glimpse of your personality. Unfortunately, the price you pay for that appearance might be too costly, and could hardly be considered an investment.

Perhaps a more practical question -- Is the ride better? When I see a large SUV with low-profile tires, I have to wonder how rigid that must feel going over bumps. Call me old school, but I always thought the idea was to make the ride as comfortable as possible!

With few exceptions, vehicles almost always depreciate. If you don't have a garage, your vehicle may depreciate even faster because of the elements. Investing a large amount of money into rims and tires, I would think, could be a losing financial venture. I'm not convinced that, when you sell or trade in the vehicle, you even break even.

I guess my advice to anyone contemplating buying new rims and wheels would be to look into your future and try to answer the "Are they really worth it" question. What are the pros and cons of such a purchase? What other things might you do with that money? Are you going to have to take a large loan? Are you purchasing the aftermarket extras on credit? What is the interest rate on your credit card? If you purchase something on sale, but get charged a high annual percentage rate on your credit card, any potential savings is eroded by high interest payments.

Rims and wheels are popular today. How long they stay the fad is tough to

say. At some point, I'm guessing they will lose their appeal, and those who own them will have an even greater difficulty getting their money back on trade or sale. If you really, really must have those rims, look in the newspaper or online. There are lots of folks who are trying to sell theirs, most at very low prices.

I realize when you're young it's difficult to look too far into the future. Many of you don't think too much about what future investments you will encounter. While it's not my attempt to try and tell any Sailor how to spend their money, I do think it's necessary to at least provide you some questions to ask yourself before you make a major purchase.

For starters, do you plan to purchase a house in the near future? Spending too much for a vehicle or rims can potentially slow that process. Do you have a nest egg for future emergencies? If not, I would recommend setting some money aside for that purpose first. If you are married and have, or are contemplating having children, are you saving for their education? I would argue that is much more important than having fancy rims and a very expensive vehicle.

Finally, keep in mind that peer pressure is sometimes difficult to resist. If your friends are pressuring you to purchase a fancy ride, you might want to keep in mind it's not them that has to pay for it. You get the bill. If you choose not to purchase the rims, 10 years from now I doubt you'll regret the decision. However, if you do choose to purchase them, and spend more than you make, you may indeed regret that decision for many years. Think about it real hard ... are the rims really worth it?



Thompson

Chaplain's corner

Back to school!

By **Naval Support Activity Chapel Staff**

A child came home from his first day of school. His mother asked, "What did you learn today?" He said, "Not enough. I have to go back tomorrow."

Going back to school is always difficult for both teachers and students. It also means more traffic with school buses back on the road, probably the only ones delighted about schools reopening are the parents.

Going back to school can be a milestone. Kindergarten, sixth grade, high school and college are all significant marks of progress and change (especially when the kid finally gets a job!). For parents, these can be good times to reflect -- and perhaps to set new goals.

It is good to reflect on memories of your kids growing up, and how

proud you are of who they are becoming. It is also important to understand what they will need next as they grow and develop.

An important goal is not only to ensure that they learn reading, writing and arithmetic, but also that they learn about God as well. The Bible tells us to train and teach our children in the ways of God (Proverbs 22:6 and Ephesians 6:4). One great way to do this is to take them to church.

Sunday School begins at the Chapel this Sunday morning at 9:30a.m. for kindergarteners through adults. We also offer Children's Church during the 10:30 a.m. worship service. For information, call Rhonda Torres, the Chapel director of religious education, at 874-5341, or just come on Sunday.

Remember tips for keeping mosquitoes away

From the **Shelby County Health Department**

No human cases of the mosquito-borne West Nile virus have been reported in Shelby County as of this time. However, recent weather conditions have increased mosquito activity, making more likely the risk of human infection. Residents should be aware of the risk and take measures to protect themselves. Because the virus is transmitted to humans and other animals by mosquitoes that have bitten infected birds, the Health Department advises individuals to protect themselves by:

- Reducing or eliminating all standing water in residential yards and places of business.
- Protecting yourself from mosquito bites by using an insect repellent that contains DEET (the chemical N-N-diethyl-meta-toluamide), picaridin (KBR 3023) or oil of lemon eucalyptus. Caution: always apply insect repellents in accordance to manufacturer's instructions.
- Wearing shoes, socks, long sleeve shirts and pants when outdoors during dusk and dawn, when mosquitoes are most prevalent. Clothing should be light-colored and made of tightly woven materials to keep mosquitoes away from the skin. Pant legs

should be tucked into shoes or socks, and collars should be buttoned. Light-colored clothes are less attractive to mosquitoes.

- Changing the water in your bird-bath daily, during the very hot weather, or a minimum of every two to three days, to keep it from becoming a mosquito breeding ground.
- Aerating ornamental pools or stocking them with Gambusia fish (available free from the Health Department).
- Dispose of old tires, cans, plastic containers, ceramic pots (including the drip plates underneath them) or other unused containers that can hold water -- this may include children's toys.

Residents can contact the West Nile Virus Hotline at (901) 544-7503 for more information. Individuals outside of Shelby County should contact their state or local health department for information regarding bird surveillance.

For information regarding West Nile Virus or what you can do around your home or business to reduce mosquito activity, please check out the Health Department Web site, www.shelbycountyn.gov, or call Vector Control during normal business hours at (901) 324-5547.

Blister mystery: a different kind of 'lime' disease

By **Lt. Cmdr. Laura Mussulman**
Naval Safety Center

Two weeks ago, I found myself with a mysterious burn injury that I want to share with readers in hopes it will spare someone else the same misfortune.

The Midwest was having another summer heat wave, so I didn't hesitate when a neighborhood friend invited my daughter and me to spend the day boating with her. I jumped at the chance to explore Smithville Lake in Kansas City, Mo.

The sun was intense, with temperatures topping out in the mid-90s. Being the conscientious parent I am, I insisted my two-year-old daughter wear her life jacket the entire time we were on the lake. I also spent lots of time applying SPF 50 sunscreen to her fair skin. However, I wasn't as conscientious about myself: I opted for SPF 8.

By midday, we were ready for lunch, so we anchored the boat in a cove. My friend offered me a drink with fresh lime. "That'll be the perfect choice on this hot summer day to quench my thirst," I thought. I squirted the lime in my drink and wiped off the excess juice that was dripping down my right hand onto my right thigh.

After lunch, my daughter pretended to drive the boat and played in a big inner tube, while my friend and I went swimming in the lake. We spent the entire day on the water, and, by late afternoon, I could feel I had gotten too much sun.

I awoke Sunday morning to find my shoulders and legs were pink -- not the worst sunburn I've ever had, but bad enough. By Monday morning, I began to notice my right thigh had five

red streaks, and my sunburn seemed more intense. As the day passed, the streaks turned to second-degree burns and began to blister. My right thigh looked like I had laid a hot curling iron on it five times. Meanwhile, my left thigh had a couple of thin, long, dark streaks and one large blister. I also discovered my stomach had a small, splattered pattern of blisters.

By Monday night, I was beginning to wonder what could have caused such an intense burn; the blisters were nickel size and 1/4-inch thick. I looked through an old dermatology book from college for something to explain such a mysterious reaction, but I didn't find anything.

Because I work at a medical hospital, I consulted with two physician friends on Tuesday morning, and they said I definitely had a second-degree burn from the sun. I wasn't convinced, however, that the sun alone could have caused such intense burning in this peculiar pattern. Other parts of my body that were more sunburned didn't have the same reaction.

By mid-afternoon, I was limping from the intense pain. A coworker asked me what was wrong and, after taking one look at my burn pattern, immediately

asked if I had limes while on the boat. Her question took me by surprise, but I acknowledged I had squirted some lime in my drink. Unfortunately, some of the initial squirt had gone on my stomach -- I had worn a bikini that day -- and I also remembered wiping my right hand on my right thigh afterward.

The coworker then told me about a friend of hers who had experienced the same thing once while at the beach. The beach medics who treated her knew the burn was caused by lime juice in combination with the intense sun exposure. The clinical name for the condition is phytophotodermatitis (PPD), sometimes called phototoxic dermatitis. The clinical pattern is that the blisters don't develop until 24 to 72 hours after exposure, just as mine had done.

I decided to investigate my case further and found that key clues to diagnosing PPD include "bizarre-inflammatory patterns and linear streaks of hyperpigmentation. These patterns often result from brushing against a plant's stems or leaves while outdoors, or from the liquid spread of lime juice over the hand or down the forearm. A handprint pattern from lime juice contact is not uncommon."

Although the burn is extremely painful, it was interesting to solve this puzzling mystery. My advice is to be careful this summer, and always wear sun block. More importantly, always wash off any lime juice while you're at the pool, lake or beach. Lime mixes great with some things -- just not with the sun.

The author is a Naval Reserve aerospace physiologist.

Education Fair TODAY

10:30 a.m. - 1:30 p.m.

Navy College Office -- S-241

Go get educated ... about your FUTURE!



Quote noted

You may turn into an archangel, a fool, or a criminal -- no one will see it. But when a button is missing -- everyone sees that.
-- *Erich M. Remarque, German writer*

I would worship the ground you walk on, Audrey, if you only lived in a better neighborhood. -- *Billy Wilder, U.S. director*

My older brother is a doctor. I'm a lawyer. My younger brother became a circus clown. This pleased my mother. Finally she had a son she could be proud of. -- *Mark Hemphill Lough, U.S. lawyer*

Here is the test to find whether your mission on earth is finished. If you're alive, it isn't. -- *Richard Bach, U.S. writer*

Space isn't remote at all. It's only an hour's drive away if your car could go straight upwards. -- *Sir Fred Hoyle, English astronomer*

The Bluejacket

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American child has something to teach grownups about turning enemies into friends

By Julia Wallis

As Lilly Bacon has grown up in Sunday School, she's always paid close attention to the traditional little song children have forever sung there: "Red and yellow, black and white, they are precious in His sight."

And with her Army first sergeant father, Joshua Bacon, doing the work of spreading democracy in Iraq, her child's heart has longed for a closer connection with someone there who, though very far away and of a different culture, cherished the same things she cherished.

Lilly's grandmother, Val Staples, is a former employee of the base's Child Development Center and lives in Brighton with her husband, who settled here after retiring from the Air Force. She hopes that a recent incident she tells about her granddaughter will encourage people to think about what we are going to have to do to change the minds of a new generation of Middle Easterners -- children who, at this very moment, are learning at the hands of their elders why they should hate Americans to the death.

Since her son has been at the front lines of the war on terror, Val, along with Lilly, has listened to Joshua's



Val Staples holds her granddaughter, Lilly, in the child's home outside Rochester, N.Y., during a visit last summer.

tales of carrying lollipops and gum to the kids in Afghanistan and Iraq in his sideline as an ambassador of American goodwill. "The Soldiers are not only allowed but encouraged to build relationships with the people in the areas surrounding where they are stationed," she says.

In most cases, doors of communication are opened through the children, who follow the Soldiers in the streets and readily accept candy and other "doo-dads" mailed from families in America. Val has sent boxes and bundles of candy to Joshua since he first went overseas.

Joshua has drawn heavily from the deck of upheaval, compared to some, since becoming an Army Reservist. He spent nearly all of last year in Afghanistan, and was only demobilized for five months before being redeployed to Iraq in June.

"[Josh] came home in December, and knew almost right away he was going to Iraq," says Val. "So before he left, he had a long talk with Lilly because they are very close and he wanted to give her a chance to ex-

press how she felt about it." Lilly told her dad she was upset, but wheels began turning in her precocious mind.

"She disappeared upstairs where the computer is," says Val, "and when she came back down a long time later, she handed a thick envelope to her dad."

Lilly, who is five years old and will enter first grade this fall in Rochester, N.Y. where her family is stationed, had written a letter, drawn some pictures, and put these in the envelope along with some "Hello Kitty" stickers and other "girly" things. She had no idea exactly who was going to open her letter, but she asked her dad to make sure it went to another little girl in Iraq who seemed like she needed it.

The lucky recipient turned out to be a girl at a city park in Mosul, where Joshua is now stationed with the 401st LSA Diamondback Civil Affairs unit to help rebuild villages. He did not ask her name because she did not speak English, but she looked to be about 10 years old. He took her picture with the digital camera he had on hand, and sent it to Val along with the story



The Iraqi girl that Josh Bacon chose to give his daughter's letter to clutches the envelope on a Mosul sidewalk.

behind it.

"The Iraqi girl will also be able to respond to Lilly through Josh, I guess," says Val, "since they probably see each other often in the street. He can find someone there to interpret what she writes. Josh's notes are really short, but he wanted to let me know what Lilly did. He said, 'Mom, you know that scripture about us 'blessing the nations?'' I feels like that is what Lilly has done through this -- she's 'blessed the nations.'"

It's a given that all grandmothers are proud, but Val says, "She is just amazing to me. A lot of people would feel like this is not really a big deal, but to me it is. I've known so many people who have said, 'I don't have a

son or daughter over there; I don't have a husband or father there; nothing happening over there concerns me.' I told them, 'You know what? It has *everything* to do with you.' It's such a dangerous world, but I don't want my granddaughter to grow up afraid in it. I want her to be a blessing to the nations, to anybody. That's how I feel we need to do raise our kids."

Val has heard from Joshua that many, many people in Iraq do want the Americans there "so they can be free and learn. So Josh says he is going to relate to the ones who want to relate. You can't change a nation overnight, but in a very tiny way, I see that this is a process my granddaughter's helping to start."

Maintaining pure quality of storm water runoff is important in pollution reduction

By James Heide
Installation Environmental
Program Manager
NSA Mid-South Environmental
Department

Since the passage of the Clean Water Act, the quality of our nation's waters has improved dramatically. Despite this progress, however, degraded water bodies still exist. According to the 1996 National Water Quality Inventory, a biennial summary of state surveys of water quality, approximately 40 percent of surveyed U.S. water bodies are still impaired by pollution and do not meet water quality standards. A leading source of this impairment is polluted runoff.

Storm Water Phase I Permit of the U.S. Environmental Protection Agency (EPA) storm water program was promulgated in 1990 under the CWA. Phase I addresses storm water runoff from construction activities disturbing one acre of land or greater, and 10 categories of industrial activity.

Our base has been operating under a Storm Water Phase I Permit since 1996. The State of Tennessee has just been issued its new General National Pollution Discharge Elimination System (NPDES) Permit for discharges of storm water aAssociated with construction activities, which has new requirements that we must follow.

The Storm Water Phase II Permit is the next step in EPA's efforts to preserve, protect, and improve the nation's water resources from polluted storm water runoff. The Phase II program expands the Phase I program by requiring additional operators of municipal separate storm sewer systems (MS4) in urbanized areas and operators of small construction sites, through the use of the permit, to implement programs and practices to control polluted storm

water runoff. Phase II is intended to further reduce adverse impacts to water quality and aquatic habitat by instituting the use of controls on the unregulated sources of storm water discharges that have the greatest likelihood of causing continued environmental degradation.

What can you do to help cleanup and protect our storm water runoff on board NSA Mid-South? Below are just a few things to think about concerning storm water runoff:

- Tenants/contractors, cover your trash containers and dumpsters when they are not in use or it is raining. This will prevent rainwater washing out materials into the storm drain.
- Tenants only, wash vehicles for fundraising activities with the command's permission in approved areas.
- Housing tenants, please use the commercial car wash when possible. Your car has grease and oil that could be mixed into the runoff that will pollute the streams.
- Do not store hazardous materials outside where storm water can reach them.
- Pick up after your dog. Bacteria and other pathogens can wash into swimming and play areas and create health hazards
- Recycle all hazardous waste, including used motor oil and antifreeze, paints, solvents/degreaser, cooking grease, batteries, and detergent.
- Tenants, reduce pesticide and fertilizer usage during heavy rains or excessive watering. Excess nutrients can cause algae blooms. When algae die, they sink to the bottom and decompose in a process that removes oxygen from the water. Fish and other aquatic organisms can't exist in water with low dissolved oxygen levels
- Tenants, repair auto leaks immediately.
- Sweep up yard debris rather than hosing down the areas with water. Compost or recycle yard waste when possible.

- Clean latex paint brushes in a sink that discharges to the sanitary sewer, not outdoors.
- Housing tenants, properly dispose of your used cooking oil by calling your Community Manager for the correct method.

Discharges from MS4s often include wastes and wastewater from non-storm water sources. These discharges are called illicit

discharges, which are a discharge from a direct physical connection to the storm drainage system. This allows non-permitted wastewater or other non-storm water to discharge into the storm drainage system. Sources of illicit connections are sanitary wastewater, effluent from septic tanks, car wash wastewaters, improper oil disposal, radiator flushing disposal, laundry wastewater, spills from roadway accidents, and improper disposal of auto and household toxics. Please report all illicit discharges or other storm water problems to the Environmental Department at 874-5367/5904.

Many housing tenants ask what they can do to properly dispose of their hazardous waste to prevent any spillage into the storm water runoff. Hazardous wastes include old adhesives,



household batteries, herbicides, pesticides, oil/fuel additives, paints, solvents, and thinners. The base cannot dispose of housing tenants' hazardous waste. We can only dispose of waste generated in the industrial section of the base. We recommend saving your hazardous waste and turning it in to the Household Hazardous Waste Collection Event each year sponsored by Shelby County Environmental Improvement Commission and the Tennessee Department of Environment and Conservation. If the tenant leaves waste, we must dispose of the waste because it has become improper disposal of a hazardous waste. The base will receive a Notice of Violation and can be fined for this violation. The cost of sampling and disposal could be passed on to the tenant who left the wastes.

If the hazardous materials are still good and can be used for their intended purposes, please try to find someone else who can use them. A good example of this is charcoal lighter fluid. Some of your neighbors might be able to use this material for an upcoming cookout. There are numerous businesses that take used oil/petroleum products for recycling at no charge to the customer.

For more information on how you can get involved and participate in the stakeholders group for storm water on base, or if you have a question, please call James Heide at 874-5367 or Danny Chumney at 874-5904. If you would like to learn more about storm water on the Internet, please go to the EPA's Web site at www.epa.gov/npdes/stormwater.



Playground slides, ladders and other maze-like structures provide a variety of skill-testing challenges for the young guests at the Navy Youth Center National Kids' Day, Aug. 1.



Six-year-old Matthew Geisler sits astride his bicycle which is decorated by his parents with Fourth of July leftover party favors.



Trevor Striker, age 10, shows off his American flag face painting.

National Kids' Day gives quality time

Story and photos by Wayne Smith

MWR's Navy Youth Center celebrated the third annual National Kids' Day Aug. 1 on the south side of the youth ball field and playground, across from the all hands pool. All events were free, including refreshments such as sno-cones, hot dogs, chips, and watermelon to curb the munchies. A face painter was present, and a moon bounce was available to burn

off the extra calories. All children with base privileges were invited to take part in the fun. Workers from the Youth Center hosted. National Kids' Day celebrates and honor America's children by encouraging parents, family members and mentors to spend meaningful time with them. Research shows that when adults spend meaningful time with kids, it helps them develop a positive self-image and a sense of belonging, usefulness and purpose.

Most parents making the effort
Here are some sample questions on the "Meaningful Time Check-Up" survey given by the National Kids' Day organization, with parents' highest-percent-age answers (in bold).

1. On average, how much time would you estimate you spend each week participating in physical activities with your children, for example, biking, shooting hoops, walking, jogging, or swimming?
1. Less than one hour a week
2. 1-2 hours a week
3. 2-3 hours a week
4. More than three hours a week
59% MORE THAN THREE HOURS A WEEK
2. On average, how many times a week would you say your children eat a home-cooked meal?
1. None
2. 1-3
3. 4-6
4. 7-10
5. 11-15
6. 16 OR MORE
27% 16 OR MORE
3. Regardless of how much you would like to be able to participate, on average, how often do you actually attend your children's school activities, such as going to plays, sporting events, and parent-teacher conferences?
1. ALWAYS
2. OFTEN
3. SOMETIMES
4. RARELY
5. NEVER
72% OFTEN
4. On average, how much time do you spend each week participating in your children's education, both inside and outside of school? (For example, reading to them, watching educational programming, attending cultural events, helping them with homework, etc.)
1. Less than one hour a week
2. 1-2 hours a week
3. 2-3 hours a week
4. More than three hours a week
59% MORE THAN THREE HOURS A WEEK
5. Which of the following best describes, on average, how you would characterize the amount of time you have to talk to your child about their problems, fears, or questions?
1. I have plenty of time
2. I usually have enough time but wish i had more
3. I rarely have enough time
4. I never or almost never have enough time
65% ENOUGH TIME

CNO announces adaptive changes in physical readiness testing for Sailors

From the Chief of Naval Operations

To ensure our physical readiness program truly supports our Sailors and commands in maintaining a fit, fully capable and mission ready force, an exhaustive review of the Navy's Physical Readiness Program is in progress. Fleet input has made it clear the Navy must adapt our physical readiness policy to reflect the flexibility and agility our mission environment requires. A fit force increases the wellness and productivity of our personnel and decreases lost man-hours over time. We must therefore recognize that

physical fitness is a readiness issue best addressed by creating a culture that promotes healthy lifestyles and provides Sailors the leadership, tools, and time to achieve and maintain fitness goals. Revision of the program will occur in three phases: re-establishing command authority and responsibility, program execution improvement, and ultimately, creating a culture of fitness. We are holding individuals, as well as commanding officers, accountable for maintaining a fit lifestyle. Commanders will have additional flexibility in handling Sailors who have failed to meet standards, as well as tools and

incentives for Sailors who need help. The goal is to establish a positive culture of fitness in which exercise during the workday, pursuit of healthier lifestyles, and increased overall wellness is the standard for our Sailors. These policy changes are about promoting fitness and instilling that into our Navy. Effective immediately, the below-listed actions are in effect. • Leadership (Immediate Superior in Command (ISIC)): emphasize that physical readiness is both a leadership and individual responsibility. Stress the importance of physical fitness, the Physical Readiness Program, and encourage personnel to

pursue fit lifestyles. Provide time for physical training during the work week and evaluate the program to ensure compliance with testing and reporting, Fitness Enhancement Program (FEP), and other aspects of the program. Treat physical readiness as you would retention/attrition in future fitness reports on your subordinate officer and senior enlisted leaders. • Command accountability: commanding officers/officers in charge are reminded that their command will have an effective FEP in place for those Sailors who are not, or are only marginally within, standards. Sailors in the FEP will be documented to in-

clude, but not be limited to, a record of the Sailor's physical fitness assessment (PFA) deficiency and a detailed plan on how the command and member will overcome this deficiency. A log of the Sailor's progress will be kept, and at a minimum will include the frequency, intensity, time, and type (FITT principle) of physical training (PT) sessions he/she actively participated in, and monthly PFA results as recorded in PRIMS. FEP shall be conducted during the workday, at least three times weekly, for one hour per session. For body composition assessment (BCA) failures, commands (Continued on p. 7. See PRT)

				NEX Memphis August 2005 Calendar of Events									
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								4		5		6	
								Top Flight 1 Subject Notebook 10 for \$1		25% Off Cosmetics Dessert Beauty Products *Entire Month of August		Back to School Fashion Show 1 p.m. Plan on attending!!	
7		8		9		10		11		12		13	
30% Off Entire Stock Sterling Silver Jewelry		20% Off Anne Klein & Guess Watches Fossil Sunglasses		49.99 Shark Cordless Sweeper Mail Price: 59.99		School Days, Furniture, & Cosmetics Sale Begins		4/\$9 12 Pks. 		 20% Off Rayban Sunglasses		25% Off Entire Stock of Foundations	
14		15		16		17		18		19		20	
All 14K Gold Earrings 25% Off		19.99 Your Choice on Diamond Vermeil Bracelets		All cherished Teddies, Masai Ethnic Figurines, & Mist Fountains 25% Off		NEX Sale Begins		Buy One, Get One 50% OFF Ladies Packaged Panties & Hanes Body Creations Packaged Panties		Athletic Super Sale Entire Stock of 20% Off *Reebok *Vans *Converse *And1		15% Off Entire Stock of Yankee Candle *excludes candle of the month	



All Hands Pool opening times for remainder of summer season

Modified schedule beginning Aug. 9

Tuesday through Friday

6-8 a.m. Adult Lap Swim
8:30-11 a.m. Open Swim (all ages)
10-10:45 a.m. SwimKids* (Tues/Thur)
11 a.m.-1 p.m. Adult Lap Swim
Five and Under Swim
Noon-1 p.m. Water Aerobics
4 p.m.-8 p.m. Recreational Swim

Saturday, Sunday, and Labor Day

Noon-8 p.m. Recreational Swim

Sept. Schedule (after Labor Day) - Recreational

Swim Only

4 p.m.-8 p.m. Friday
Noon-8 p.m. Saturday
1 p.m.-8 p.m. Sunday



Tuesday through Friday

6-8 a.m. Adult Lap Swim
8:30-11 a.m. Open Swim (all ages)
10-10:45 a.m. SwimKids* (Tues/Thur)
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Swim Only

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Noon-8 p.m. Saturday
1-8 p.m. Sunday

SwimKids* is our alternative to KidFit, open to children 2 to 4 years of age. This class is available from Aug. 9 to Sept. 1, Tuesdays and Thursdays, 10 a.m.: to 10:45 am. This is a one-on-one (parent-child) activity time to learn basic swimming skills and have lots of fun. American Red Cross certified Water Safety Instructor. Fee is \$2 per child per session.

"Five and Under Swim" is offered in the wading pool only. Children must be directly supervised by a parent.

Private lessons are still available. Call to schedule with the instructor.

For more information, please call the All Hands Pool at 874-5169



PRT (Continued from page 5)

are directed to concentrate on decreasing body fat. Minimum acceptable fitness progression for Sailors who failed the BCA is a one-percent decrease in body fat per month, but no greater than a five-percent loss of body weight in any week.

Sailors who do not attempt to maintain standards will be processed for administrative separation per MILPERSMAN article 1910-170, utilizing the following phased approach:

a. Presently: CO/OICs are authorized, with ISIC concurrence, to initiate separation processing of personnel who failed the PFA three or more times in the most recent four years, and in their judgement are not trying, or indicate they are unwilling to try, to meet standards.

b. January 2006: CO/OICs shall review personnel who failed the PFA three or more times in the most recent four years and also failed the fall 2005 PFA. CO/OICs are authorized with ISIC concurrence to initiate separation for those Sailors who are not making reasonable progress toward meeting standards.

c. July 2006: Mandatory separation processing for personnel who

failed the PFA three or more times in the most recent four years and failed the spring 2006 PFA. CO/OICs may request the ISIC waive separation processing for special cases. Personnel who failed the PFA three or more times in the most recent four years, but passed the spring 2006 PFA, must continue passing the PFA during each subsequent cycle until no longer possessing three failures in a four-year period.

6. Promotion and advancement: Officers and enlisted members will be ineligible for promotion, advancement, or frocking if they failed the most recent official PFA. Members may regain eligibility by passing a monthly practice FEP PFA. If the member is not within standards by the promotion cycle limiting date, the advancement authority will be withdrawn per BUPERSINST 1430.16e (for enlisted personnel) or delayed promotion or removal from the promotion list (for officers) per SECNAVINST 1420.1a.

7. PFA retake: Personnel that fail the PFA may retest and record the best score achieved within the command's official PFA cycle.

8. Body composition assessment

(BCA) exception: For personnel who score an overall outstanding or excellent, without a single event on the physical readiness test scored below "good," CO/OICs are authorized to increase Navy BCA criteria to the Defense Department maximum standard of 26 percent for males and 36 percent for females. The individual must present a professional military appearance to be eligible for consideration.

9. The next phase is to enact program improvements to reflect the 21st century Navy in which we serve. The new program will not only encourage positive behavioral changes, but may include new testing options and incentives, and will also provide accountability and rewards for commanders. The ultimate goal is to transition from our current culture of testing to a culture of fitness. Some of the changes and rationale that we are considering are:

a. Adding the elliptical and stationary cycle as options for the aerobic portion of the test.

b. Simplifying the current PRT scoring categories to superior, average, and marginal, and to reflect those cat-

egories in block 20 on the FITREP/EVAL. For those Sailors who score a superior on the PFA, the next PFA could be waived at the CO's discretion. Sailors who fail or score marginal would be placed in the FEP.

c. Adding body fat measurements for all Sailors to height, weight, blood pressure and cholesterol data collected during the annual health examination to aid the Navy, as well as the Sailor, in judging overall fitness and health.

d. Incorporating a standardized PT uniform that will be worn during PFAS and command group PT.

e. Improving information technology solutions to provide the necessary tools to allow ISIC visibility over subordinate command fitness scores and program to compare their subordinate units.

10. The approved changes outlined in this announcement and others are reflected in OPNAVINST 6110.1h, which will soon be available

at www.neds.daps.dla.mil/6110.htm. The Navy Physical Readiness Program Web site at www.npc.navy.mil/commandsupport/physicalreadiness will also contain this directive and other fitness, nutrition, and weight management references.

11. To achieve both the current revisions and those to follow, command support is paramount. It is the responsibility of leadership to establish a covenant with Sailors to promote fitness by providing the tools for success to our Sailors, especially those who have failed, to help them successfully complete the FEP and subsequently pass the PFA.

12. As with any change, there will be challenges. The current changes are the first step in the process to establishing a culture of fitness. Commanders will be challenged to foster a positive fitness culture, and Sailors will be challenged to live this culture and hold their fellow shipmates to the standard. This will be a journey long overdue. With your help, we will get there.

GEICO honors citizen warriors

The GEICO Military Service Awards Program recognizes and pays tribute to military enlisted members for the many contributions they make to their local community and the nation in their dual role as "citizen and warrior."

This program honors one active duty enlisted member from each branch of military service and one drilling Reserve enlisted member from all components for their special achievements and contributions to the public good of the civilian and/or military community.

The award recognizes achievements or contributions in any of the following three areas of endeavor: drug and alcohol abuse prevention; fire safety and fire prevention; and traffic safety and accident prevention.

The award winner will be recognized at a special awards ceremony in Washington, D.C. Each winner will receive a plaque to commemorate their accomplishment as well as a cash honorarium of \$2,500 from the GEICO Philanthropic Foundation. GEICO will also pay for lodging and round-trip transportation to Washington, D.C., for the winner and their spouse.

Nominations should be based on recent individual contributions or noteworthy accomplishments made in any one of the specified areas of endeavor while serving on active duty or in the drilling Reserves. Contributions and accomplishments may cover the period through Sept. 30, may span several prior years, may be ongoing or may have been accomplished completely in the prior year (Oct. 1, 2004 through Sept. 30, 2005). Nominees must have a minimum of one year obligated service and must meet physical readiness and body fat composition standards to be eligible. Previous award recipients are ineligible. Nomination packages should

consist of no more than three typewritten pages for consideration. Packages exceeding three typewritten pages will not be considered. All nomination packages must be received by the deadline date of Oct. 14 for consideration. Nomination packages received after the deadline date indicated will not be considered. Nomination packages will consist of the following:

a. One typewritten page, single-spaced, containing the full name, grade, duty title, organization of assignment, and office symbol, duty location, official and personal mailing addresses, official and home telephone numbers, and a brief biographical sketch to include family, military history, and both military and civilian education and awards.

b. A one-page narrative, single-spaced, containing a narrative (bullet format) describing specific achievements or services for which the member is being nominated relating how these contributions/accomplishments benefitted the military or civilian community.

c. An official letter of endorsement from the commanding officer, including DSN and commercial phone numbers.

d. One color photograph, 8 x 10 inches, head-and-shoulders view of the nominee in service dress uniform (uncovered without headgear).

Active duty Navy and Navy Reserve commands may forward one nomination in each category (without chain of command endorsement) directly to Commander, Naval Safety Center (Code 42A), 375 A Street, Norfolk, Va. 23511-4399. Active duty Navy and Navy Reserve nominations submitted by Navy commands must be received by COMNAVSAFECEN not later than Oct. 14.

Commander, Naval Safety Center is acting CNO GEICO Awards Program manager. The center will select and forward three nomination packages, one in each category, from both active and Reserve, to GEICO, where final selection will be made.



NAVY BALL

Red - White - Blue Golf Tournament

(All proceeds to benefit the Navy Ball)

4 Person

Team Scramble

August 26

8 am Shotgun Start/Glen Eagle Golf Course

PUTTING CONTEST!!!!!!!!!!!!

Sign-Up Deadline - August 23

Cash Pay-Out 1st/2nd/3rd - Each Flight

Two Flights - Blind Drawn

6 Closest to the Pin Holes Prizes

Longest Drive Front/Back Nine Prizes

MULLIGANS - 3 FOR \$5

LUNCH: BBQ Baby Back Ribs and Trimmings!!!!!!!!!!!!

Maximum 128 Players so sign up NOW!!!!!!!!!!!!

\$45/person - Includes Green Fees, Cart, and Food!!!

Sign-Up: Lt. Denny Cox, 874-2947 or denny.cox@navy.mil